


Preparing for BC-ADM
Board Certification in Advanced
Diabetes Management - 2020

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Topics

- ▶ Qualifications to take the exam
- ▶ Applying for exam
- ▶ Exam content
- ▶ Study strategies
- ▶ Test taking tips
- ▶ Resources




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Professional Qualifications to take BC-ADM- excerpted from AADE

Eligibility Criteria	Registered Nurse	Registered Dietitian	Pharmacist	Physician Assistant	Physician
Licenses/Registration	Current, active RN license	Current, active dietitian registration	Current, active pharmacist registration/licensure	Current active physician assistant license	Current active MD/DO license
Advanced Degree	Master's or higher degree in a relevant clinical, educational, or management	Master's or higher degree in a relevant clinical, educational, or management	Master's or higher degree in a relevant clinical, educational, or management PharmD	Master's or higher degree in a relevant clinical, educational, or management	MD/DO
Experience	500 clinical practice hours within 48 months prior to taking certification examination. (Clinical hours must be after relevant licensure and advanced degree has been obtained.)				

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Why Take the BC-ADM Exam?



- ▶ Validates a healthcare professional's specialized knowledge and expertise in the management of people with diabetes.
- ▶ May provide future opportunities to work more independently and be reimbursed for advanced level care?



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Role of BC-ADM

Skillfully manages complex patient needs and assists patients with therapeutic problem-solving.

Within their scope of practice, the BC-ADM:

- ▶ Adjust medications,
- ▶ Treat & monitor acute & chronic complications
- ▶ Counsel patients on lifestyle modifications
- ▶ Address psychosocial issues,
- ▶ Participate in research and mentoring.



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CDE Vs BC - ADM

CDE

- ▶ Supports and educates people affected by prediabetes and diabetes to understand and self-manage
- ▶ Individualize behavior and treatment goals to optimize health outcomes.

BC-ADM

- ▶ Must have Master's
- ▶ Management of diabetes and comorbidities
- ▶ Increased complexity of decision making



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Bev's Perspective

- ▶ First took exam in 2001 (before kids)
- ▶ Strong background in inpt management
- ▶ Passed test – but opened another professional door – expanded my perspective, encouraged learning
- ▶ Created Critical Assessment Course as result
- ▶ Member of ANCC team, provided “Review Course”
- ▶ Retook exam in 2006
- ▶ Renewed by completing a bunch of stuff - 2011
- ▶ Declined to participate in committee to update exam in 2011 (although I really wanted to)
- ▶ Renewed again in 2016

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Board Certification –Advanced Diabetes Management (BC-ADM) Description

- ▶ “The depth of knowledge and competence in advanced clinical practice and diabetes skills affords an increased complexity of decision making which contributes to better patient care.”



• Excerpted from AADE website

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Current Role

- ▶ Diabetes Program Manager
 - Inpatient diabetes management
 - ADA Recognized Outpt Program
 - Outcome Measurement
 - Training of Staff
 - Policies and Procedures
 - Medication Adjustment Suggestion
 - Teach Classes
 - Write articles



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Becoming a BC-ADM



..provides opportunities for health care professionals to expand their roles beyond traditional boundaries and to demonstrate their effectiveness in performing at an advanced level of practice

Anne Daly, MS, RD, BC-ADM, CDE

ADVANCED Practice in Diabetes Care *Diabetes Spectrum* January 2003 vol. 16 no. 1 24-26



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2020 – Qualifications

- ▶ Clinical licensure plus advanced degree as outlined
- AND
- ▶ 500 clinical practice hours in *advanced diabetes management* within 48 months prior to taking the exam



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Your questions

- ▶ For the 500 hours, what is considered advanced diabetes management?
- ▶ How do you document your hours?
- ▶ As a CDCES (CDE), how will this expand my role?
- ▶ Is the AADE version of the BC-ADM Exam is very much like the CDCES Exam?



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Advanced Level Activities of BC-ADM

- ▶ Management skills such as
 - ▶ medication adjustment,
 - ▶ medical nutrition therapy,
 - ▶ exercise planning,
 - ▶ counseling for behavior management and psychosocial issues.
- ▶ Attaining optimal metabolic control in the diabetic client may include treatment and monitoring of acute and chronic complications.
- ▶ Research and mentoring



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Application Process

- Complete app 60 days prior to desired testing month
- ▶ Window to apply for Summer
 - ▶ May 1- Take test in June
- ▶ Window to apply for Winter
 - ▶ November 1- Take test in December
- ▶ Once you receive confirmation of eligibility
 - ▶ schedule an appointment to take the examination on a first-come, first-served basis through Castle's online scheduling system

Application Received By:	Application (including \$50 Lab Fee) Received By:	Testing Window:
May 1	May 15	June
November 1	November 15	December



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Applying to take the BC-ADM Exam



You need to register with Castle Approved Testing Centers

- ▶ at www.castleworldwide.com/aade
- ▶ Apply online
- ▶ Applications accepted on a continual basis
- ▶ A percentage of candidates will be audited to ensure compliance with eligibility criteria.



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What application materials do I need to submit?



- ▶ Completed application including
 - ▶ Proof of Licensure
 - ▶ Documentation of 500 Advanced Practice Clinical Hours
 - ▶ Diploma of Master's level (or higher)
 - ▶ Payment
 - ▶ ADCES (AADE) Members = \$600
 - ▶ Non ADCES Members = \$900
 - ▶ Recertification \$500 / \$800 + 1000 practice hours + professional development



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Renewal

Recertification Requirements

Professional Development plus Practice Hours:

- Hold a current, active RN, RD, RPh, PA, or MD/DO license in a state or territory of the U.S. or the professional, legally-recognized equivalent in another country;
- Hold a current BC-ADM certification;
- Complete the professional development requirements for your certification specialty (must be completed within the five (5) years preceding your renewal application submission);
- Complete a minimum of 1,000 practice hours in your certification role and population/specialty (must be completed within the five (5) years preceding your renewal application submission); and
- Pay the renewal fee.

Recertification Fees

- \$500.00 - AADE members
- \$800.00 - Non AADE members



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Overview of BC-ADM Exam

- ▶ Composed of 175 multiple-choice, objective questions.
- ▶ Total testing time of 3.5 hours
- ▶ Results will be mailed within 6-8 weeks after the close of the testing window.
- ▶ Can retake test for fee 2xs in yr
- ▶ Questions? –
 - ▶ AADE (919) 572-6880 or website



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Exam Details

- ▶ 25 of the 175 questions are pretest questions and are **not** counted in the determination of individual examination scores.
- ▶ Candidates score is based solely on the 150 scored questions



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213 Questions – Test Taking Toolkit

- ▶ **213 Question Practice Exam**
- ▶ Includes **108** multiple choice test questions written by Coach Beverly inspired by the American Diabetes Standards of Care. Plus 105 general questions.
- ▶ Designed to test your knowledge of the 16 Critical Content areas and help prepare you for the Exam.



\$49.00 – Includes 213 Questions plus Test Taking Tips Online Course

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BC-ADM Exam Content - 2020

Exam Blue Print

(Complete exam outline can be found in the [Candidate Handbook](#))

Category	Domains of Practice	No. of Questions	Percent
I	Assessment and Diagnosis	47	31%
II	Planning and Intervention	48	32%
III	Evaluation and Follow-up	37	25%
IV	Leadership and Advanced Professional Practice	18	12%
	Total	150	100%





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I - Assessment & Diagnosis – 47 questions
 Subdomains listed below



- ▶ Therapeutic interviews – 4
- ▶ History, physical exam across lifespan – 6
- ▶ Physiology and pathophysiology relating to prediabetes, diabetes and comorbidities – 5
- ▶ Self-care behavior, mental health assessment – 5
- ▶ Health care resource assessment - 3
- ▶ Standards of diabetes care – ADA /ACE – 5
- ▶ Analysis of complex data sets – 5
- ▶ Screening and diagnostic criteria – 4
- ▶ Synthesis of information from test/assess – 6
- ▶ Differential diagnosis/ problem list – 4

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II. Planning and Intervention - 48

- ▶ Standards of Care re: intervention – 8
- ▶ MNT and Exercise prescription – 7
- ▶ Pharmacologic therapy – 10
- ▶ Surgical Options for DM Management – 4
- ▶ Technology Options (Pump, CGM, etc) – 7
- ▶ Individualization/ Priority of Care – 7
- ▶ Collaboration, Referral and Coordination - 5

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Medication PocketCards



AADE has 53 question practice test with answers and rationale
DiabetesEducator.org

AADE White Paper on Continuous Subcutaneous Insulin Therapy – This paper outlines the topics that should be covered by diabetes educators when teaching patients and families or significant others about insulin pump therapy.

Cholesterol Medications 2016

Antihypertensive Meds 2016

Neuropathy Medications and Treatment Algorithm

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Evaluation and Follow-Up - 37



- ▶ AADE 7 Self-Care and Goal Setting – 6
- ▶ Standards of Care AACE, ADA – 8
- ▶ Outcome and treatment results – 8
- ▶ Goal Achievement (SMART) – 7
- ▶ Plan Modification – 8

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Leadership and Professional Practice -18

- ▶ Regulatory, accreditation/recognition disease management, reimbursement and standards - 5
- ▶ Program development and CQI – 3
- ▶ National Health Initiatives, Prevention and Public Health
- ▶ Scholarship (research, dissemination, mentoring) – 4
- ▶ Community Programs / Outreach -4



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Your questions

- ▶ What standards are used? ADA, AACE and from which year?
- ▶ What are the most important study tools?
 - ▶ ADA and AACE Stds / Clinical Guidelines
 - ▶ Nurses Complete Guide to Diabetes Care
 - ▶ Levels 1-3 and Test Taking Toolkit
- ▶ What is best source of information on medications?
- ▶ Passing score?
- ▶ Passing rate? ~ 70%

The AADE BC-ADM uses the following scale:

	Minimum Score	Maximum Score	Passing Score
BC-ADM	200	500	350

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Other Clinical Books that will Help www.DiabetesEd.net



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BC-ADM Resources on DiabetesEd.net

Recommended Articles and Books (as excerpted from BC-ADM Exam handbook)

ADA Standards of Care 2020. This yearly publication by the American Diabetes Association outlines the goals of care for diabetes management. Since it is evidence-based, it includes a useful summary of the trials and research that the goals are based on. A must-read if you are entering the diabetes field or preparing to take the CDEES or BC-ADM Exam.

Purchase ADA Standards of Care 2020 Booklet

Screening and Diagnosis of Diabetes Mellitus 2020 - One page cheat sheet that summarizes screening, risk status and diagnostic criteria for diabetes.

Medication Cheat Sheets 2020 - Hypertension, Lipids and Neuropathy

Pharmacologic Approaches to Glycemic Treatment 2020. This hyperglycemia road map details strategies to achieve glucose control for both Type 1 and Type 2 Diabetes. Section 8 of Standards of Care, Dec 2018.

AADE Comprehensive Type 2 Diabetes Management Algorithms 2019. This link provides the **complete executive and slide set summary** by an American Association of Clinical Endocrinologists/American College of Endocrinology Consensus Panel on Type 2 Diabetes Mellitus. If you are taking the CDEES or BC-ADM exam, we encourage students to be familiar with the slide content that reviews diabetes management.

AADE Recommended Reading List - includes helpful articles on statistics, quality improvement and other reading suggestions.

2017 National Standards for Diabetes Self-Management Education and Support - A joint position statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. An important document to review for those providing Diabetes Self-Management Education or those considering take the certification exam.



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AADE – The Art and Science and Review Guide

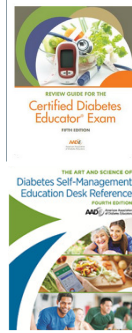
AADE Review Guide 2019 - \$89

Includes 480 questions

- ▶ 2 practice exams w/ rationale
- ▶ Test taking tips
- ▶ Self-Assessment

Art and Science – 2017 - \$229

Both Books Only \$289



DiabetesEd.net>Books and Study



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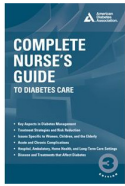


DiabetesEdUniversity.com



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Resources – DiabetesEd.net



[Nurses Guide to Diabetes Care, 3rd edition - Book](#) (2017). Childs, B. (editor). An excellent reference for all health care professionals providing advanced level diabetes care and treatment. Great Study tool

[Links to Summary Pages](#)

- ▶ Medications for Lipid Management
- ▶ Medications for Hypertension
- ▶ Management of Neuropathy
- ▶ Diabetes Medication PocketCards
- ▶ Online Courses



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One Year Subscription to Online Courses DiabetesEd.net



Students have passed the BC-ADM by completing our:

[1-Year Subscription Package – Prepare for the BC-ADM and earn 50+ CEs](#)

This 1 Year Subscription Package includes 36 On Demand web courses at our best price; Level 1, Level 2 and Level 3 (Boot Camp) and Level 4, plus our Test Taking and Medication Toolkits.

You have immediate access to your courses for 1 year after your purchase date. Each individual online course includes a: 90 minute video presentation, podcast, practice test and additional resources. We provide the full spectrum of information to help you feel confident in becoming a BC-ADM.

[See Details](#)



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From a student who passed her CDE and BC-ADM exam in 2019

“There are a bit more medication questions, but I just took your level 3 and level 4 Bootcamp plus I read over the Standards of Care.

Your classes do well at recognizing the key points to the Standards of Care as well as getting to know those ‘juicy’ answers that the questions on the test provide to trick you.

The main study guides for me were the ADA Standards of Care and your PowerPoints, pod casts, and the 100 question practice test.

Even though I have been living with Type 1 Diabetes for 29 years and counting, you still need to know key points with Diabetes Care as patient centered care as well as the ADA Standards of Care.”



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Sample Question -1

- ▶ A healthy adolescent with 2 year history of type 1 DM returns for a quarterly appt. For the past month, he has experienced abdominal pain and diarrhea after some high carb meals. An advanced diabetes manager's first intervention is to order a:
- A. 72-hour fecal fat collection
 - B. Colonoscopy
 - C. Stool Sample
 - D. Transglutaminase Autoantibody Test



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Poll Question 2

- ▶ Mrs. S is having trouble sleeping and complains of waking up with frequent nightmares. Her insulin dose includes 5-8 units of Novolog at breakfast and dinner and 12 units of NPH bedtime. She complains that her before bed blood sugar is often greater than 300, so she takes extra insulin before going to bed to bring it down. What is your best response?
- a. Instruct patient to decrease the NPH insulin by 2 units to prevent nocturnal hypoglycemia.
 - b. Contact provider and request to discontinue NPH and start Lantus instead.
 - c. Assess if the patient is having a snack before checking her bedtime blood glucose level.
 - d. Instruct pt how to safely adjust her dinner time Novolog to prevent hyperglycemia at bedtime.



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Poll Question 3

- ▶ The American Diabetes Association recommends universal screening for at risk pregnancies as soon as possible after the confirmation of pregnancy. Criteria for high risk include:
- a. glycosuria, BMI 30+, > 25 years of age, strong family history of diabetes
 - b. the same risk factors for type 2 as listed in the ADA standards of medical care.
 - c. BMI 30+, >35 years of age, member of high-risk ethnic group, strong family history of diabetes.
 - d. Glycosuria, > 25 years of age, member of high-risk ethnic group, strong family history of diabetes



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Poll Question 4

- ▶ Hyperglycemia during hospitalization is associated with poor outcomes due to
 - a. Decreased insulin resistance, increased insulin secretion and increased counterregulatory hormones.
 - b. Increased free fatty acids, ketones, lactate, inflammatory cytokines.
 - c. Increased nitric oxide levels
 - d. Increased risk of alkalosis



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5. A 40-year-old female patient has a 10-year history of diabetes

- ▶ Injects 16 units of NPH and 8 units lispro (Humalog) before breakfast, and 8 units of NPH, and 4 units of lispro (Humalog) before dinner. BG pattern is:
 - ▶ fasting blood glucose is 100
 - ▶ pre-lunch is 240 mg/dL;
 - ▶ pre-dinner is 210 mg/dL
 - ▶ bedtime is 150 mg/dL.

The advanced diabetes manager recommends:

- a. Adding 2 units of Humalog before breakfast.
- b. Adding 4 units of Humalog before dinner.
- c. Adding 2 units of Humalog before lunch.
- d. Decreasing the evening NPH insulin by 2 units.



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Sample Question 6

An advanced diabetes manager best facilitates the learning process for adults by:

- A. Administering pre and post tests
- B. Creating an environment in which the learner is an active participant.
- C. Delivering content using a standardized slide presentation
- D. Insisting upon full participation



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Sample question 7

- ▶ A 54-yr-old male, BMI 32 with type 2 diabetes, A1c 10.3%, smokes cigarettes and not exercising. Meds include Glipizide, Metformin and levothyroxine. Given his risk status, which 3 classes of meds should he be taking according to ADA?
- a. insulin, aspirin and ACE Inhibitor.
 - b. TZD, ARB and bolus insulin.
 - c. Beta blocker, insulin analog and statin.
 - d. Insulin, statin, aspirin

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Sample question 8

Current recommendations for screening for Type 2 diabetes and prediabetes in asymptomatic young adults include:

- a. Individuals with a HDL of 52 mg/dl
- b. Individuals with a history of Addison's disease
- c. Offspring with a parent with type 1 diabetes
- d. Women with polycystic ovary disease

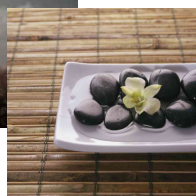
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You are Going to Do Great!



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Keep in Touch!



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Thank You



- ▶ Questions?
- ▶ Email
bev@diabetesed.net
- ▶ Web
www.diabetesed.net



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